



A while ago, I had a chance meeting with a deer. As a result of the encounter, one of us was dead, and life was abruptly interrupted for the other. There was a split second of interspecies recognition before the crash. Eyeball to eyeball, we saw each other. That memory will be etched in my consciousness forever. What does an accident on an Interstate Highway have to do with meditation and mental health?

As a psychologist, I have introduced many clients to meditation. I watched the lives of those who undertook a practice change for the better, subtly at first and cumulatively in much larger ways. It was clear that my observations were of value and that the information could be helpful for others. I envisioned a book . . . someday.

The crash and its aftermath added a personal dimension. My own daily meditative practice of letting go and beginning again laid a foundation for the acceptance and perseverance that made rehabilitation a positive challenge rather than a difficult ordeal.

Gathering my possessions to leave the rehab, I noticed a fortune cookie on a tray. As I picked it up, a slip of paper fell out. It read, "Some people never have anything except ideas. Go do it." So, here is the book, dedicated to the deer and titled in recognition of the occasion that moved it forward. If you are curious, give *Crash Book* a couple of hours. It is an easy read and could open a door that you did not know existed.



Born in 1938, Marlene Denessen has been a practicing psychologist since 1981 and began to meditate in 1998. An aficionado of ordinary life and a New Englander to her core, she values daily routine and particularly enjoys the change of seasons. Dr. Denessen is the author of *Little Dipper: Roots of Healing, Tides of Change*.

Most of us can identify a pattern of thinking or a recurring behavior that we would like to change. Maybe we worry too much or spend too much time rehashing the past. Perhaps we are impatient or struggle with acceptance. It might be difficult for some of us to muster up a positive attitude when we awaken in the morning. Maybe we have a self-defeating habit, or something in our relationship with others is just a little off. Perhaps we are too hard on ourselves, or it might be that we are worn out from overthinking things. The list goes on and on. Just a little thing . . . or is it? Patterns such as these are largely disregarded like a rut in an otherwise smooth road; but a rut traversed mindlessly can lead to a crash. It is usually when a crash occurs that this *one little thing* is acknowledged and addressed. *As a psychologist and meditator, Marlene Denessen has introduced many clients to meditation. The lives of those who undertook a practice changed appreciably for the better. This book provides an overview of the meditation process and its relationship with behavioral change . . . and perhaps with your own one little thing.*

AUTHOR TALK WITH MARLENE DENESSEN, PhD

Friday, Oct. 20th at 10:30 AM



***Books available for sale at discounted rate of \$10 each.
Sales benefit the Wellfleet Adult Community Center.***